

Healthy Recipe: Rhubarb & Ginger Crumble

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Rhubarb and ginger were made to go together. The tart rhubarb filling is complimented by bites of sweet candied ginger and a sweet, crunchy crumble topping. We tend to go easy on the sugar in our desserts, but since rhubarb is definitely a tart fruit, feel free to add more maple syrup to sweeten the dish to your taste.

20 min prep

6 servings

10 ingredients

Ingredients

Filling:

- 1 pound rhubarb, cleaned and cut into 1-inch pieces
- 1/4 cup maple syrup, or to taste
- 1/2 cup candied ginger, chopped

Crumble:

- 2 cups rolled oats
- 1/3 cup whole wheat pastry flour
- Pinch of salt
- 1/4 cup sliced almonds
- 1 teaspoon ground ginger
- 1/4 cup vegetable oil or melted butter

- 1/3 cup maple syrup

Directions

1. Preheat the oven to 400 degrees.
2. In a souffle or shallow baking dish, make the filling by tossing the rhubarb, maple syrup, and candied ginger together.
3. To make the crumble, stir together the oats, flour, salt, almonds, and ground ginger in a medium bowl. Stir in maple syrup and oil or melted butter until the oats are completely coated.
4. Pile the crumble on tops of rhubarb. Bake until crumble is golden and the rhubarb mixture is bubbling up on the sides, about 40-50 minutes.

Nutrition Facts (per serving):

Calories: 382; Fat: 13g; Saturated Fat: 1g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 9g; Carbohydrates: 64g; Sugar: 35g; Fiber: 6g; Protein: 6g; Sodium: 51mg

Registered Dietitian Approved

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